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October 2011

DAWLISH COASTERS
ANNUAL GENERAL MEETING
8:00 PM - TUESDAY 15 NOVEMBER 2011
at DAWLISH LEISURE CENTRE
All Committee posts are up for election

DAWLISH COASTERS CHRISTMAS DINNER
Nautilus Restaurant – Teignmouth
Friday 9 December
Club will pay £5.00 per person (including guests) towards the meal

Races

Churston Flyer - Sunday 2 October

Only 2 Coasters took part in the Churston Flyer a 5 mile race in Brixham, described as a fast, flat 5 mile run through country lanes. Weather was rather warm! Eric 36:22 and Jan 39:59 winning her age group

Loch Ness Marathon - Sunday 2 October

Pat the only Coaster crossing over the border for this popular marathon. A total of 3,800 runners in the full marathon and 5,000 runners in the 10k and 5k. Double decker buses took the marathon runners to the very bleak start, closely resembling Dartmoor, complete with mist and drizzle, with some hail thrown in! A seriously hilly event, but very friendly. Pat completed the marathon in 5:53

Eden Project Half Marathon - Sunday 9 October

Simon in Cornwall at the Eden Project for the Half Marathon, a record number of entries with a thousand runners taking part. A stunning yet challenging course taking in dramatic hills, Eden's Biomes and views of both Cornwall's coastlines. Lots of goodies for everyone, themed medal, T shirt, pasty, pint and goodie bag for all finishers. Simon finished in 1:50:16 and in 173rd place overall.

Rotary Club 'Walk the Test Way' Marathon - Sunday 9 October

Pat taking part in another marathon a week after Loch Ness, organised by the Romsey Rotary Club on behalf of various charities. Another bus ride to the start and then the 26 mile walk along the Test Way in Hampshire. A very well organised and friendly event with various distances available to suit all abilities. Medal for all finishes on arrival at Romsey Park

Mouth to Mouth - Saturday 15 October

Simon in Bude for this 10k'ish event near Sandymouth Bay. The event attracted 55 runners. Described as an off-road trail with stunning views on coast paths, turned out to be something of a mini grizzly with 3 huge hills and a river crossing. Simon completed the course in 1:00:03, nice T shirt and goody bag though to make up for it

Dartmoor Vale 10K - Sunday 16 October

Bit of a mix up with the times for the 10k this year with the front runners being sent in the wrong direction, despite this it was a good day and stayed dry. Eric first Coasters to finish in 49:19, followed by Jan 49:43, Gary Chapple 1:02:28 and Carly Greene 1:02:32 (their first race as Coasters) and David 1:05:52

Beachy Head Marathon - Saturday 22 October

Pat and daughter Corrie in Eastbourne for this extremely tough off road marathon. Definitely not for wimps, 1,750 runners, joggers and walkers took on the challenge. Energy sapping hills and never ending steps through the woods finishing with the punishing Seven Sisters cliffs for the last 6 miles. Very few, if any, actually running at this stage. A very popular (voted most popular in Runners World) and well organised marathon. Medal and meal of sausage, beans and jacket potato at the end for all finishers

Tavy 7 - Sunday 23 October

Simon ventured up to Dartmoor and took part in the newly revamped Tavy 7, with a new start and finish at Plasterdown with most of the old course thrown in, around 450 runners took part in very windy conditions which made the going tough. Simon completed the race in 56:05 and all runners received a Brooks tech. t/shirt

Rotary Quiz - Thursday 27 October

Brilliant turn-out of Coasters and partners (17 in all), to represent the Coasters at the Rotary inter-pub quiz held at the Mount Pleasant Inn. It turned out to be a very enjoyable evening, raising lots of money for charity, a good time was had by all

Dawlish Moonlight Walk - Friday 28 October

Another brilliant turnout of Coasters for the first Dawlish Moonlight 5k Walk from the Leisure Centre to the Warren and back. The event was in aid of breast cancer, perfect evening walking weather, well supported and brilliant atmosphere

Sourton Scramble - Saturday 29 October

Simon was among 80 other hardy soles who braved the cold, windy, showery elements of Dartmoor when he took part in the 6.8 mile Sourton Scramble, in wintry conditions the runners struggled to get any rhythm going in this multi terrain event, Simon still managed to get a time of 57:32 and finished 40th overall, all runners received a medal.